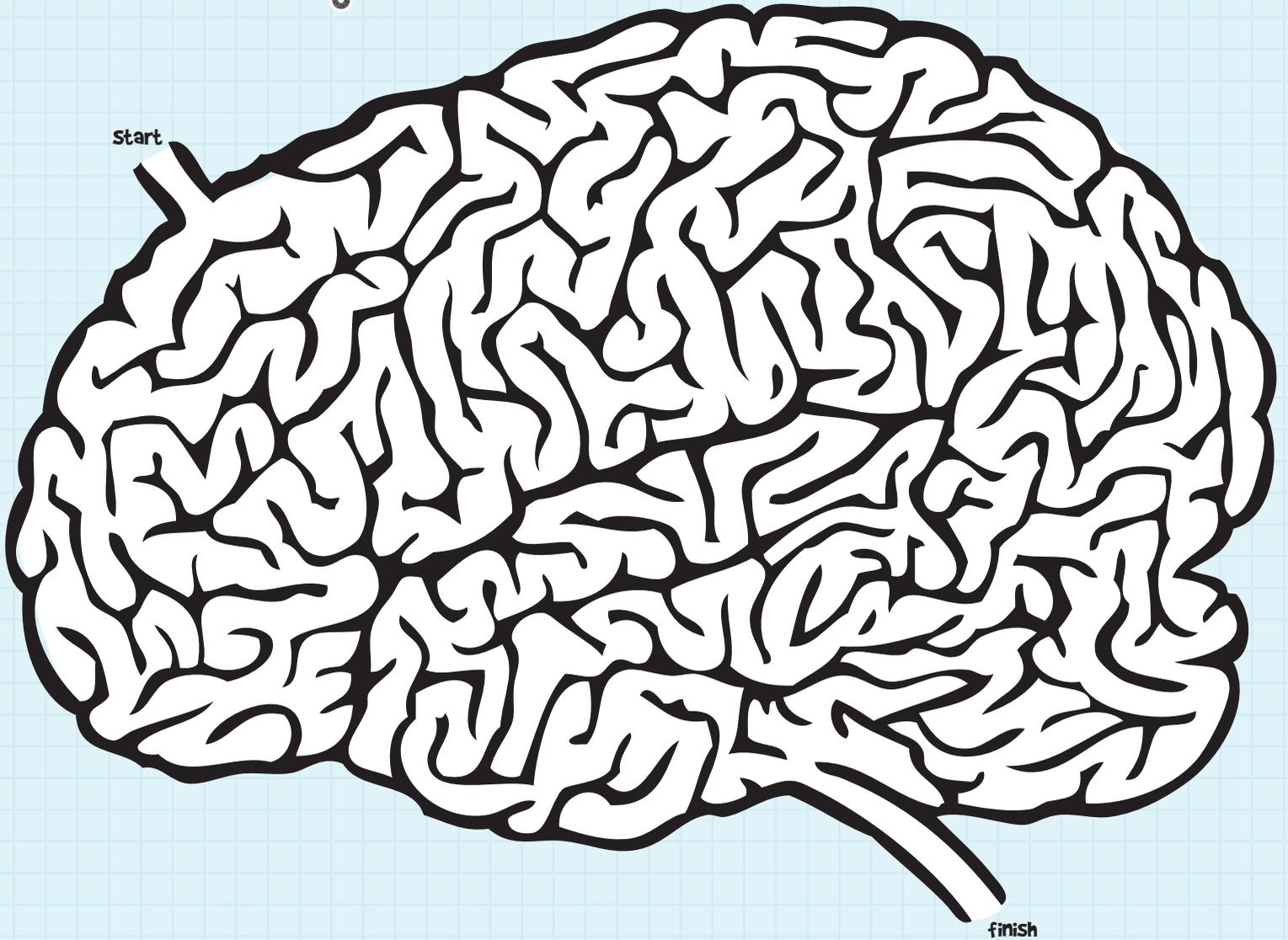
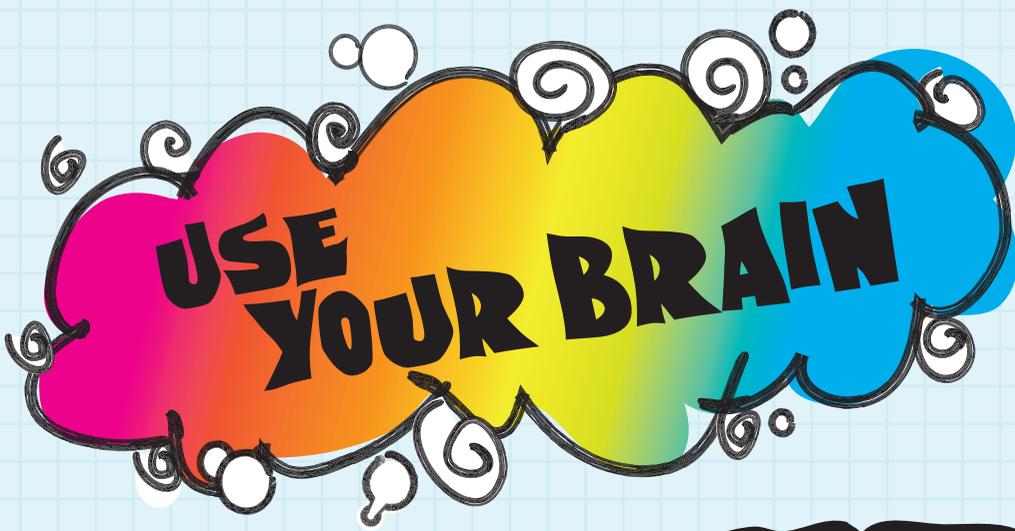




**live your no**  
ACTIVITY BOOK





**DON'T LOSE CONTROL OVER YOUR...**

**Body**

**Emotions**

**choices**



# color by number

1 - Green

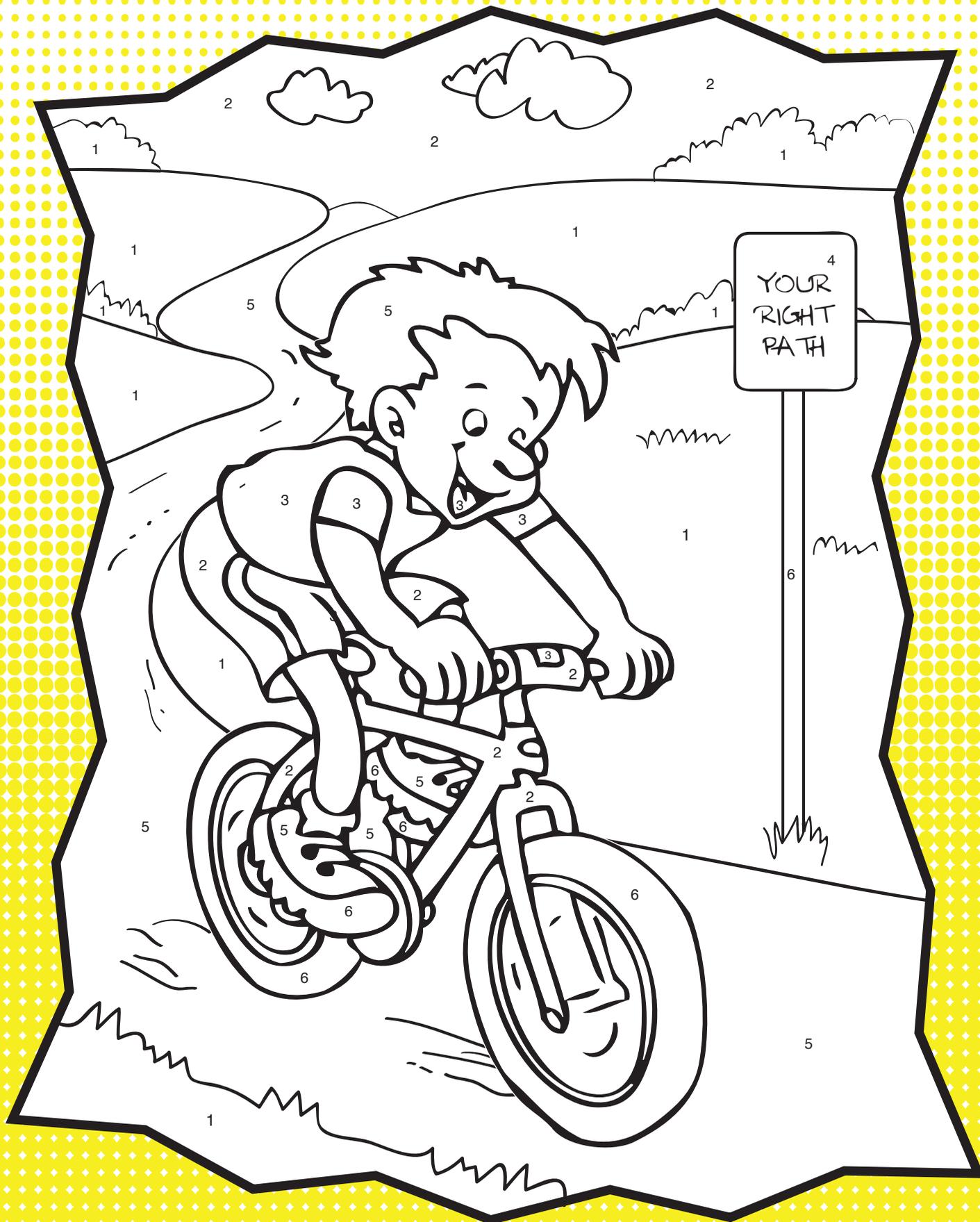
2 - Blue

3 - Red

4 - Purple

5 - Brown

6 - Black





Which line will take the hockey puck to the net?

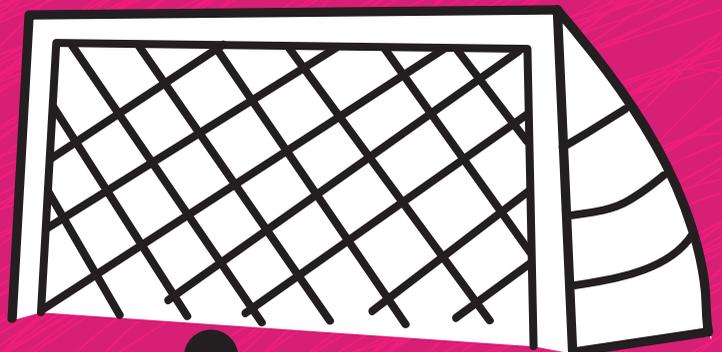
1

2

3



Answer:



# get the picture

The zoo needs your help! Help the zoo by finding all the missing items.



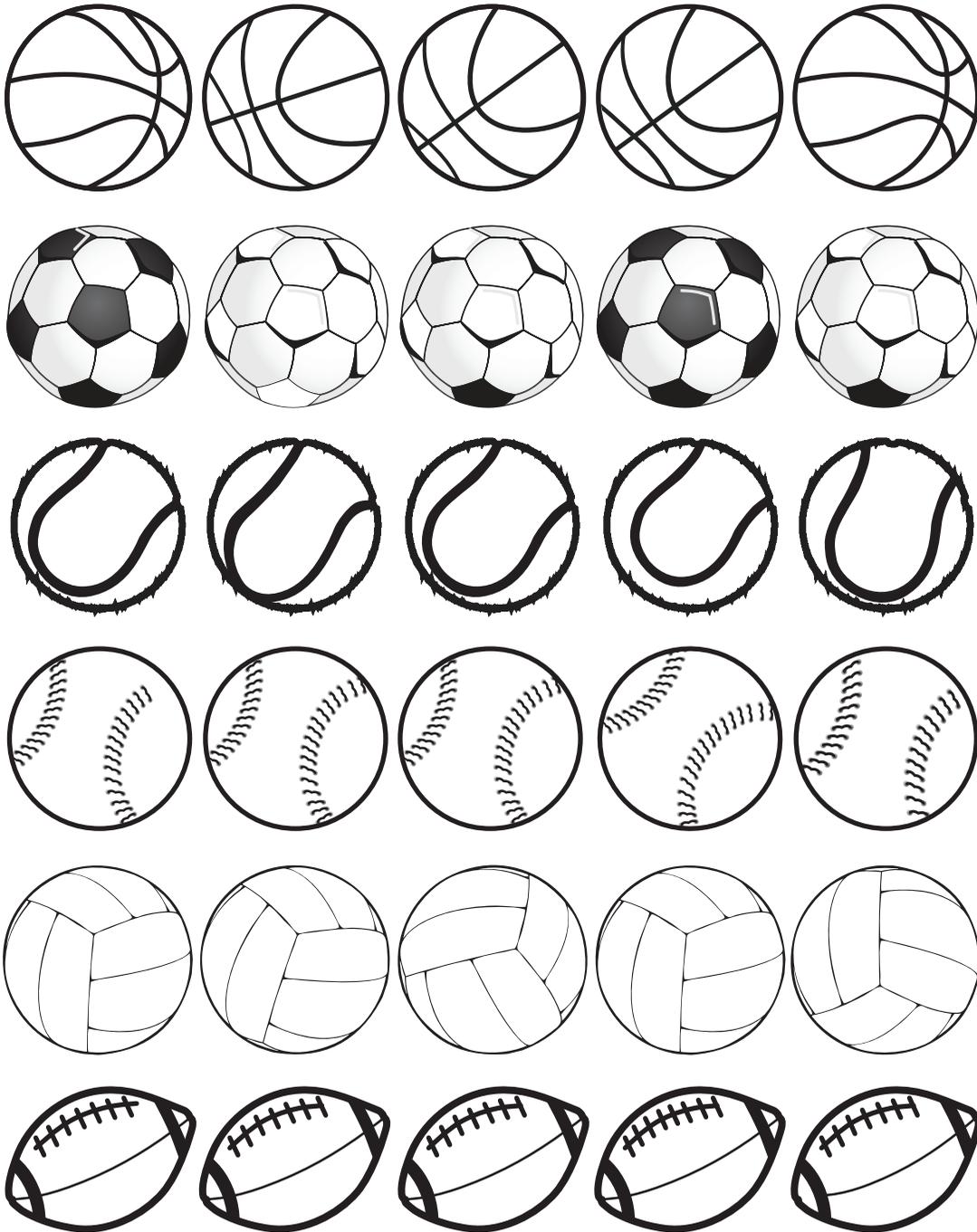
Alcohol can cloud your vision, mind and memory. It can impact your body, the way you think, and even who you are.

## say YES to a healthy body and NO to alcohol



# Find the Pair

Circle the two that are the same



Row 1: Basketball 1 and 5, Row 2: Soccer ball 3 and 5,  
Row 3: Tennis ball 1 and 3, Row 4: Baseball 2 and 3,  
Row 5: Volleyball 1 and 4, Row 6: Football 2 and 3

# What's Your NO?

Making healthy choices is easy when you "Live Your No". Here are a few ideas of what your "No" might be: rollerblading, reading, or basketball. Draw your "No" on the space provided below!



## hey parents!

Take a real life photo of your child living his/her "NO" and submit it to [ndprmc@nd.gov](mailto:ndprmc@nd.gov) for your chance to be featured on our website and next year's activity book!



